

What A Magnificent
Drop You Are



Fletcher Soul Traveler

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What A Magnificent Drop You Are

Kabir a mystic from the 15 century said the following.
All know that the drop merges into the ocean, but few know that the ocean merges
into the drop.
Now that is profound.
A modern-day Einstein might have said that today.
The entire universe exists inside of us.
We are a part of the universe.
Is this a paradox?
We are beyond time and space.
There are billions of universes.
Inside our, DNA is a part that is not material.
It is spiritual.
No instrument known to man can detect this yet.
Yet the mystics have said all along.
You are hard-wired for this experience.
Ponder this message.
The divine words from Kabir are alive.

RIP Gilbert Barnes

Yesterday I learned from my brother John that Gilbert passed away last year. I had no idea that this happened. It was last year at this same period that I spoke to him on the phone. Gilbert and I were great friends.

When I came back from my travels around the world I introduced him to the world of meditation. For those of you who meditate you understand the connection, it has for each other.

We didn't socialize much. We had a great common friend Johnny Coontx. Johnny was our surfing buddy my brother and me. Gilbert was Johnny's school friend.

I remember a funny incident that occurred around 1989. I was working for the Navy Seals. I was working for the Navy as a computer programmer. One day I got off work and was walking downstairs from the main building I was working in. All of a sudden this alien is behind me. He looks like a combination of a human and a reptilian. I had a little fear but I knew I would be all right. As soon as I reached the bottom of the stairs I saw the guard look right at me. I was thinking do you see what I see? The alien was right at my side. I couldn't believe the guard didn't see him. I laughed to myself and walked out of the building. The alien continued to walk by my side until I got to my car. I entered my car and the alien sat in the passenger seat. He drove with me about 10 miles.

To make a long story short Gilbert and his wife invited me and my wife to a Chinese restaurant in San Diego. Mind you this was only a few days after this incident. Well, I tell my story. It was still totally on my mind. I could see that Gilbert was fascinated by it. His wife did not. I could see it on her face. Well anyway, that was the first and last time we had dinner with Gilbert and his wife.

Years later Gilbert and I had a huge chuckle about this. It seems like true friends can go years without seeing each other. Last year when I talked to him on the phone it seemed just like yesterday. Ironically it was the

last time I talked to him. I was planning to call him in the next two weeks. RIP dear Gilbert. Your ashes are scattered across the universe. A part of you exists inside of me. Thank you for being my friend.

Where Do Poems Come From?

Where do poems come from?
From hidden portions of the mind.
Poems come out of nowhere and are released on paper never to return.
The poems are thought-provoking.
From the pen, creation comes forth.
Only the poet truly understands his work.
Waiting
Ever so silent.
Suddenly words wisp silently by.
Each moment the words increase and get louder than silence.
The poem is finished.

Where Do We Get These Images?

Where do we get these images of our relationship with God?
Where we may be taught to fear the wrath of God?
God would judge us and throw us into the fire for eternity.
God wouldn't do that.
We tend to do it to our fellow man.
We were taught they we were sinners and that we should pray for forgiveness.
Well, we make grand mistakes.
We should learn from them.
We have free choice.
We should forgive ourselves when we make mistakes.
God is our coach rooting us on.
God wants us not to fear him but love him.
Maybe what we were taught about God there is a more healthy way.
Why use fear, and lack of worth to find God?
The kingdom of heaven lies within.
Only you can solve this puzzle.

Where Is Your True Home?

Where is your true home?
Before you were born where did you sleep?
After you leave this world where will you go?
Life is a mystery.
The wise man has said your home is eternal.
It is the foundation of life.
To solve this mystery close your eyes.

Where Were You?

Where were you when Kennedy was assassinated?
Where were you when the stock market crashed?
Where were you when the Berlin wall came tumbling down?
Where were you when Russia fell to its knees?
Where were you when the Vietnam War ended?
Where were you during the Iran-Contra hearings?
Where were you during Watergate?
Where were you the day Regan got shot?
Where were you during Desert Storm?
Where were you during Watergate?
Each of these moments lies inside of us all.
Let's learn lessons from the past.

Which Calendar Should I Use?

Which calendar should we use?
You are the universe.
You are eternal.
You were never born and you will never die.
You are beyond time and space.
Which calendar should we use?
There is no time where you are.
All that you know is linear.
We go from point A to B.
Yet your true self is beyond the linear.
Which calendar should I use?
Ponder this over.
It might boggle your mind.
Everything you think about reality may change.

Which One Is Which?

I'm a twin.
When I was young my mom and dad had to put fingernail polish on one of us.
They couldn't tell us apart.
Maybe I'm my brother and my brother is me.
Who can tell us apart?
There's a part of me that is my brother.
A part of my brother is me.

Why Crucify The Master?

Why does the world crucify the master?
Why does the master never get well known in his own country?
Why does a master's teaching get converted into something else?
A master had no intentions of starting a religion.
He simply shows us that all the tools we need are inside.
You can only save yourself.
You are a savior.
You don't need a priest who will talk to God for you.
You can talk to God directly yourself.
All the great masters have said the kingdom of heaven lies within.
This is as simple as it gets.
You are a temple of God.
God lies within your heart.
Ponder these words.
They have great meaning.

Why Do I Meditate?

Where would I be without meditation?
Many people ask me “why do you meditate”?
That’s a great question.
I have been meditating for many moons.
I started when I was eighteen years old.
Meditation is the glue that binds all life.
Meditation is the thread that ties us all together.
Meditation is the means to listen to God.
I first started to meditate for myself.
Over time it morphed into I meditate for the planet.
We are all candles in the wind.
Meditation place the precious candle inside a glass lantern.
The wind can’t blow the candle out.
I have learned the mind can be your friend or foe.
In the beginning, I never knew how powerful the mind is.
It takes years to train the mind.
The majority of people on the planet have no idea who's in control of their life.
Many of my friends were astonished when they first start to sit down and meditate.
They had no idea how powerful the mind is.
In the beginning, you meditated and got connected to the source.
Years later the source connects to you.
When you close your eyes God is there.
He has been there all the time.
You are never alone.
This is why I meditate.